



Figure 6 – Example of posting along the Trail of the Coeur d'Alenes

Health Concerns

The trail and designated safe areas (trailheads and waysides) and areas adjacent to the trail within communities are not a health concern. However, heavy metals may occur in soils and sediments near rural portions of the trail. Ingestion of heavy metals poses a health risk, especially to young children and pregnant women. To avoid this risk, please:

- Stay on the trail in rural areas*
- Eat at tables and/or benches provided at designated safe areas*
- Do not drink any surface water, even if filtered*
- Clean your hands before eating*
- Don't eat wild plants from flood plain, river or lake areas*

Figure 7 – Example of health warning posted along the Trail of the Coeur d'Alenes



Figure 8 – Example of precautions taken to reduce exposure to metals in the vicinity of the Trail of the Coeur d'Alenes